

**APPETITE SUPPRESSANT**

**ABSTRACT**

A method of suppressing appetite is disclosed. An amount of wheat bran sufficient to suppress appetite is consumed prior to or with a meal to achieve satiety and desirable weight reduction. POSTUM®, a coffee-substitute and containing wheat bran as the quantitatively main ingredient, may be used in one embodiment. It may be prepared by dissolving in boiling water as a beverage or adding to a solid or semi-solid food or provided in an oral dosage formulation such as a gelatin or other capsule. Consuming POSTUM® before or with a meal suppresses appetite so that less food is desired during the meal, yet the individual does not feel hungry. POSTUM® is a natural product and does not contain herbs, botanicals, stimulants, or synthetic components that may be harmful when consumed.